

# YOUTH MENTAL HEALTH FIRST AID



MENTAL  
HEALTH  
FIRST AID®

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 6.5 hour training gives adults who live and work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**1** in **5**

teens & young adults  
lives with a mental  
**HEALTH CONDITION.**

*National Alliance for Mental Illness*

## The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

## WHO SHOULD TAKE IT

- Parents
- People who work with youth
- Teachers and School staff
- Coaches
- Camp counselors
- Youth group leaders

## WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

## This course has 2 parts:

- 2 hour online learning from your own computer, followed by
- 4.5 hour in-person learning

2 hour online pre-course to be completed  
between **June 20 and June 28**

In person learning

**Wednesday June 30, 5:00 to 9:30**

Presque Isle District Library Jordan Conference Room

181 E. Erie St in Rogers City

This is a **FREE** course thanks to funding provided by Northeast Michigan Community Mental Health Authority



To register call Partners in Prevention 356-2880 or 800-354-2880 or email [ruth@nemcpi.org](mailto:ruth@nemcpi.org)  
Include your your name, email and phone number  
Questions? Contact [mary@nemcpi.org](mailto:mary@nemcpi.org)